Healthy People Newsletter

DECEMBER 2018

National Health Observances for **December** 2

BetterSafe: **Coping With Trauma** 3

DayInDayOut: **Help Fight the Stigma**..... 5

Take Charge: **Feeling Tired and Sore?**..... 7

To Your Health: **Take Care of Your Kidneys** 9

Inspiration.....11

ONEDIGITAL HEALTH AND BENEFITS

This newsletter is interactive! Click a topic to jump directly to the article.

National Health Observances

DECEMBER | 2018

Safe Toys and Celebrations Month

Safe Toys and Gifts Month

Handwashing Awareness Month

Influenza Vaccination Week (2-8)

Older Driver Safety Awareness Week (3-7)

New Year's Eve-Quit Smoking Resolutions (31)

BETTERSAFE
WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY



COPING WITH TRAUMA

It's natural to be afraid after something scary or dangerous happens. When you feel you're in danger, your body responds with a rush of chemicals that make you more alert. This is called the "flight or fight" response. It helps us survive life-threatening events.

But the brain's response to frightening events can also lead to chronic problems. This can include trouble sleeping; feeling on edge frequently; being very easily startled, anxious, or jumpy; having flashbacks; or avoiding things that remind you of the event.

Sometimes these symptoms go away after a few weeks. But sometimes they last much longer. If symptoms last more than a month and become severe enough to interfere with relationships or work, it may be a sign of post-traumatic stress disorder, or PTSD.

Most people associate post-traumatic stress symptoms with veterans and combat situations. However, all sorts of trauma happen during one's life that can lead to post-traumatic stress disorder and post-traumatic stress disorder-like symptoms.

This includes people who have been through a physical or sexual assault, abuse, an accident, a disaster, or many other serious events.

Anyone can develop PTSD, at any age. According to the National Center for Post-Traumatic Stress Disorder, about 7 or 8 out of every 100 people will experience PTSD at some point in their lives.

Researchers are looking into what puts people at risk for PTSD. They're gathering information about life history prior to trauma, identifying post-traumatic symptoms, collecting genetic and other types of biological data, and performing brain scans.

HOW TO DEAL WITH TRAUMA

How you react when something traumatic happens, and shortly afterward, can help or delay your recovery. Having

a positive coping strategy and learning something from the situation can help you recover from a traumatic event. So can seeking support from friends, family, or a support group.

Talking with a mental health professional can help someone with post-traumatic stress symptoms learn to cope. It's important for anyone with PTSD-like symptoms to be treated by a mental health professional who is trained in trauma-focused therapy.

PTSD affects people differently, so a treatment that works for one person may not work for another. Some people with PTSD need to try different treatments to find what works for their symptoms.

FINDING TREATMENTS

Most people recover naturally from trauma. But it can take time. If you're having symptoms for too long—or that are too intense—talk with your health care provider or a mental health professional. In times of crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or visit the emergency room. PTSD is real. It is not a weakness in any way. People shouldn't struggle alone and in silence."

TIPS TO HELP DEAL WITH TRAUMA

- Talk with others about how you feel. Don't isolate yourself.
- Calm yourself. Try meditation or deep breathing exercises. Do physical activity, like walking or yoga.
- Take care of yourself. Get plenty of sleep. Eat a healthy diet. Drink enough water.
- Avoid using alcohol, drugs, and tobacco.
- Get back to your daily routine. Do the things you would normally do, even if you don't feel like it.
- Get involved in your community. Volunteering is a great way to create a sense of meaning.
- Get help if symptoms persist. Talk with a mental health professional.
- If you're trying to help a friend, listen and find out where they are in the coping process. Try to accept their feelings and help in any way you can.



DAY IN DAY OUT
WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE



HELP FIGHT THE STIGMA
of Herpes

Did you know that the virus that causes "cold sores" or "fever blisters" on or around the mouth can also infect other areas of the body? The infection is caused by the herpes simplex virus. And it's very common.

Most people with herpes infection don't even know it. They may not have symptoms or not notice them.

For people who do have symptoms, a herpes infection may show up as one or more blisters. These can be on or near the mouth, eyes, genitals, or rectum. After the blisters break, they turn into sores or ulcers. These sores are painful and take about a week to heal.

Once someone is infected with herpes simplex, the virus goes into hiding and stays in the body for the rest of their lives. The virus can re-emerge at any time and cause an outbreak. Some people have outbreaks several times per year. Tingling or burning in the area can signal that an outbreak is looming.

There are two types of herpes simplex viruses: HSV-1 and HSV-2. HSV-1 is often transmitted during childhood. You can get it from close contact with someone who has the infection. For example, a family member with a cold sore may kiss a child. HSV-1 is the main cause of herpes of the mouth or eyes. Although it's possible for HSV-2 to infect the mouth or eyes, it's usually found in the genital area.

DIAGNOSIS & TREATMENT

There's no cure for herpes. But anti-herpes medicine can speed healing of the sores. If taken every day, this medicine can also lower the risk of future outbreaks.

A doctor may suspect a diagnosis of herpes from looking at a sore. But lab tests on a sample taken from the sore is needed to confirm the diagnosis. A blood test for HSV-1 and HSV-2 is also available to confirm if someone has been infected.

Researchers are working to develop herpes vaccines. The fact that most people don't know that they're infected makes vaccines especially important.

When someone is diagnosed with herpes, they may feel anger, sadness, or shame. They also may fear rejection by romantic partners. Keep in mind that herpes outbreaks can be managed. People can lower the risk of infecting someone else by avoiding direct contact during an outbreak. For those with genital herpes, using anti-herpes medicine every day and condoms during sexual activity also reduces the risk of infection for a romantic partner.

Talk with your doctor if you have questions about preventing or managing herpes. And help fight the stigma of herpes by sharing the facts.

SHARE THE FACTS

Don't tell jokes with herpes as the punchline. And share the facts:

- Herpes infection is common.
- It may not cause any symptoms.
- Herpes can be spread by someone who doesn't know they have it.
- You can get herpes in many ways, such as a kiss, sharing drinks or utensils, or sexual activity.
- Having herpes doesn't mean you're a bad person, immoral, or promiscuous.



TAKECHARGE

WELCOA'S SELF-CARE BULLETIN



FEELING TIRED & SORE?

How to Prevent Muscle Malaise

It starts with the best of intentions: to get and stay active. But somehow, before you know it, you've done too much too quickly and just the thought of putting on your walking shoes seems to make your joints and muscles ache even more. The good news is that you're not alone. Feeling tired and sore after a workout is completely normal. However, you do want to take the right precautions to prevent injuries that could put you on the sidelines for good.

CONSIDER THESE SUREFIRE STRATEGIES TO PREVENT INJURIES AND TO KEEP YOU ON TRACK WITH YOUR FITNESS GOALS:

TAKE LESSONS OR HIRE A PRO. Even just one or two lessons with a pro can help you avoid injury. From walking on the treadmill to using free weights, using the correct technique is crucial to preventing injuries. Additionally, getting expert advice can help you moderate your routines so you don't do too much, too soon.

ADD VARIETY TO YOUR ROUTINE. Doing the same exercise over and over can lead to overuse or repetitive use injuries, such as strains, shin splints and/or tendinitis. Mix it up every once in a while, for example, walk on a treadmill one day and do the step mill the next.

TAKE IT SLOW. It's much easier to add a bit of intensity or length to your workout routine over time, rather than going all-out on day one. Give your body the time it needs to build strength and endurance—build the pace of your workout over time.

REST WHEN YOU FEEL SORE. Tired muscles are an invitation to injury. Take a day or two off if you feel tired and sore.

Also, it's always a good idea to talk with your doc before starting a new type of physical activity, especially if it's particularly strenuous or if you have any medical conditions.

SHOULD YOU USE HEAT OR ICE?

Do you know when to use ice and when to use heat on an injury or sore muscles? Read on for information about treatment of injuries with ice packs and heating treatments.





USE ICE OR ICE PACKS:

If you have a recent injury (within the last 48 hours) where swelling is a problem (like a sprain), you should be using an ice treatment. Ice packs can help minimize pain and swelling around the injury.

Place an ice wrap on the affected area for about 10 minutes at a time. Allow your skin temperature to return to normal before icing a second or third time. You can ice an injury such as a sprain several times a day for up to three days.

USE HEAT TREATMENTS:

Heat treatments should be used for chronic conditions (like an overuse injury) to help relax and loosen tissues, and to stimulate blood flow to the area. You can use heat treatments for chronic conditions before exercising or participating in an activity. Apply heat (like a heating pad or warm towel) to the affected area 15 to 20 minutes at a time.

TOYOURHEALTH
WELCOA'S ONLINE GENERAL WELLNESS BULLETIN



YOUR KIDNEYS:
Small Organs that Do a Big Job

Compared to most other organs, your kidneys are quite small—each is about the size of your fist. They are located on either side of your spine in the middle of your back, and they serve a very important purpose.

DO YOU KNOW WHAT YOUR KIDNEYS DO?

Your kidneys essentially act as your body's waste management system. Their main job is to remove waste and excess fluid from your blood. Your kidneys work by cleaning your blood as it passes through tiny filtering units known as nephrons.

When blood passes through the kidney, the filters sift and hold onto the substances your body might need like nutrients and water. Harmful wastes and extra water and nutrients are flushed away as urine. Your kidneys also produce several hormones that help to control your blood pressure, make red blood cells and activate vitamin D, which helps keep your bones strong.

HOW DO YOU KNOW IF YOUR KIDNEYS ARE HEALTHY?

If the kidneys' ability to filter the blood is seriously damaged by disease, wastes and excess fluid may build up in the body, which can have serious impacts on your health. Although many forms of kidney disease do not produce symptoms until late in the course of the disease, some warning signs include high blood pressure, blood in the urine, more frequent urination, particularly at night, or difficult or painful urination, and puffiness around eyes, swelling of hands and feet.

Primary risk factors for kidney disease include diabetes, heart disease, high blood pressure or a family history of kidney disease. Additionally, as we get older, we lose a little of our kidney function. If you are above 60 or have any of these risk factors, your healthcare provider can perform a simple blood and urine test to determine if you have chronic kidney disease.

KEEP YOUR KIDNEYS HEALTHY!

You can help keep your kidneys healthy with some healthy lifestyle habits:

» Exercise regularly—aim for 30 minutes a day

» Maintain a healthy weight

» Follow a healthful diet that includes fresh fruits and vegetables, whole grains and low-fat dairy foods

» Don't smoke or abuse alcohol

» Keep your blood pressure and cholesterol levels at the target set by your health care provider

» Keep sodium consumption low—aim for less than 1,500 milligrams of sodium each day

» Don't overuse over-the-counter painkillers, like ibuprofen

Again, if you have diabetes, high blood pressure, cardiovascular disease, or a family history of kidney failure, you may be at risk for kidney disease. Schedule an appointment with your health care provider to get your blood and urine checked.




A STRONG, POSITIVE
SELF-IMAGE
IS THE BEST
POSSIBLE PREPARATION FOR
SUCCESS.
- JOYCE BROTHERS
WELCOA
welcoa.org